

BIOLOGICAL & CHEMICAL THREATS

Biological and chemical weapons pose a different problem for our community and health care providers because it may take hours or days to determine an event has occurred.

When the first sign of a threat or event is the occurrence of human illness or injury, it is the public health disease investigators, physicians, microbiologists, and paramedics, who are the first line of defense.

It is important for you to know that San Diego public health services and emergency medical systems, as well as Carlsbad's disaster preparedness have years of experience, and a close relationship, which ensures the highest level of services in the event of a medical threat. Should additional resources be necessary, we know that we can call upon the county, state and other federal resources. For example, if needed, large federal supplies of vaccines and antibiotics can be made available to our community.

In the event of an attack, City officials will instruct residents on what actions they are taking and what actions the public should take. It's important that you remain calm and cooperate with local officials.

WHAT SHOULD YOU DO?

- Remain calm.
- Be aware of your surroundings.
- Have a Family Preparedness Plan.
- Stay informed.
- If an evacuation is ordered, follow the instructions of City officials regarding evacuation routes and the location of shelters.
- If shelter-in-place is recommended, City officials will provide instructions on necessary actions.
- Do not leave your sheltered location or return to the evacuated area until it is deemed safe to do so by City officials.

FOR FURTHER INFORMATION

San Diego Chapter American Red Cross
(760) 757-5403 – Oceanside Office
(619) 542-7400 – Main Office
<http://www.sdarcs.org>

County of San Diego Health and Human Services Agency
(800) 600-9594

Carlsbad Emergency Management Administrative Team (CEMAT)
(760) 602-4660

To report criminal or suspicious activity within Carlsbad Police Department jurisdiction: (760) 931-2197

Federal Bureau of Investigation
(858) 565-1255

WEBSITES

Listed below are a few websites that provide additional information

<http://www.ci.carlsbad.ca.us>
(City of Carlsbad)

<http://www.co.san-diego.ca.us/terrorism/guide.html>
(County of San Diego Health and Human Services Agency)

<http://www.fema.gov/>
(Federal Emergency Management Agency)

<http://www.oes.ca.gov/>
(California Office of Emergency Services)

<http://www.bt.cdc.gov/>
(Centers for Disease Control and Prevention)

<http://www.co.san-diego.ca.us>
(San Diego County Sheriff's Department)

<http://www.fbi.gov/>
(Federal Bureau of Investigation)

-ACKNOWLEDGEMENT-

Unified San Diego County Emergency Organization Services,
The County of San Diego Health and Human Services Agency &
Office of Disaster Preparedness

Care to Prepare: How to Protect Yourself Against Terrorism



INTRODUCTION

Carlsbad residents are protected by our local law, fire, public health and emergency medical personnel. While there have been no credible threats of terrorism here in Carlsbad, the following information will help you prepare in the event of a disaster.

EMERGENCY SUPPLY KIT

Maintaining an emergency supply kit is a good idea for any emergency. Individuals and organizations should be prepared to be without assistance for a minimum of 72 hours.

- Battery-powered radio, flashlights, batteries
- Whistle
- First aid kit and manual
- Hard hats
- Duct tape
- Fluorescent tape to rope off dangerous areas
- Water
- Food (canned, no-cook, packaged snacks)
- Manual can opener
- Cash and credit cards
- Change of clothing, rain gear, and sturdy shoes
- Blankets or sleeping bags
- Fire extinguishers (A-B-C type)
- Infant and feminine hygiene supplies
- Essential medicines and eyeglasses
- Names, addresses, and telephone numbers of doctors and pharmacy
- Large plastic bags for trash, waste, water protection
- Toilet paper and paper towels
- Charcoal grill or camp stove for outdoor cooking

CITIZEN EMERGENCY RESPONSE TRAINING

Learn from the experts on how to prepare you and your family before, during and after a disaster. The City of Carlsbad is offering emergency response training classes to citizens and businesses that will better prepare you in the event of a major disaster. For more information about the Citizen Emergency Response Training Program, call 434.2893.

WHAT YOU NEED TO KNOW

BEFORE

The public also has a role in reducing the impact of terrorism on their lives.

Learn about the nature of terrorism.

- Terrorists look for visible targets where they can avoid detection, such as international airports, large cities, major international events, resorts and amusement parks.
- Report any suspicious activities to Carlsbad Police Department.

Adapt, as appropriate, the same techniques used to prepare for earthquakes, fires and other emergencies.

- Be prepared and observe your environment. Terrorists most often strike with little or no warning.
- Use caution when you travel. Observe and report unusual activity. Keep your packages with you at all times. Do not accept packages from strangers.
- Locate stairways and emergency exits and develop plans for evacuating buildings and crowded public areas.

If you live or work in multilevel buildings:

- Identify the location of fire exits and review emergency evacuation procedures.
- Locate and maintain fire extinguishers in working order and learn how to use them.
- Obtain training in first aid and CPR (Carlsbad Fire Department offer many first aid and CPR classes)

Assemble and maintain an emergency supply kit for your home that includes those items listed in this brochure.

- Also, compile essential emergency preparedness items for your car and workplace.

DURING

If there's an explosion:

- Remain calm. Take cover under a desk or sturdy table if ceiling tiles, bookshelves, their contents, etc., begin to fall.
- Exit the building as quickly as possible.

If there's a fire:

- Stay low to the floor at all times and exit the building as quickly as possible. Heavy smoke and poisonous gases collect near the ceiling first.
- Use a wet cloth to cover your nose and mouth.
- Use the back of your hand to feel closed doors. If the door is not hot, brace yourself against the door and open it slowly. Do not open the door if it is hot. Seek another escape route.
- Use appropriate fire exits, not elevators.

AFTER

If you are trapped in debris:

- If possible, use a flashlight or whistle to signal rescuers regarding your location.
- Stay in your area so that you don't kick up dust. Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so that rescuers can hear where you are.
- Shout only as a last resort – shouting can cause a person to inhale dangerous amounts of dust.

PROTECTIVE ACTIONS

Protective actions are actions we take to safeguard our family members and ourselves from harm. The most common emergency protective actions are evacuation and shelter-in-place.

- Evacuation means to leave the area of actual or potential hazard.
- Shelter in place means to stay indoors.